Government College Chittur

Palakkad – 678 104

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JEEVANICENTRE FOR MENTAL HEALTH

AND WELL-BEING

2022-2023

Web : https://chitturcollege.ac.in/ | Email : club/cell official email id

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**List of programmes conducted in the academic year YYYY-YYYY (June 1 to May 31)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SL | Title of the  programme | Type (Seminar/  Debate/ Poster  presentation /  Workshop /  Camp etc | From | To | Convernor/  Coordinator  with  department |
| 1 | Jeevani counsellorAnjana C P was appointed on October 25,2022 |  |  |  | Dr.SREEJA K T  Dept.of Music |
| 2 | Room was acquired for Jeevani |  |  |  |  |
| 3 | Awareness class was conducted on all classes about the jeevani counselling services |  |  |  |  |
|  | Poster was prepared about jeevanicounseling that will help to reach out directly among the students very immensely | C:\Users\hp\AppData\Local\Microsoft\Windows\INetCache\Content.Word\IMG-20230502-WA0024.jpg |  |  |  |
|  | On 25th November official meeting was conducted on google meet about the further developments and functions of jeevanicenter for mental health and well-being programme.presidential address was done by Principal  Dr.Anurada V.K. the chief guest was clinical psychologist SarathSundar. |  |  |  |  |
|  | The inauguration of jeevani centre for mental health and well-being wass done on November 30 Wednesday on M.G hall, inaugurated by psychologist VijithaPremsundar. | C:\Users\hp\Desktop\IMG-20221129-WA0000.jpg |  |  |  |
|  | The inauguration of jeevani mental health programme is reported by mathrubhumi newspaper on 1/12/2022. |  |  |  |  |
|  | Shot film contest was called for GCC students on the theme” happiness day” which brings out a positive attitude among students |  |  |  |  |
|  | Public poster was circulated as a reminder of international day of happiness to put it on as status. |  |  |  |  |
|  | Total 77 cases were reported from 25th October to march 30. Different types of cases were reported from the very short period of time. | Individual Counselling | 25-10-2022 | 30-03-2023 |  |

Name & Signature of the department head/ Co-ordinator

Certified that the details of all the programmes listed above have been

received by the IQAC in in proper format .

IQAC Coordinator

(Name)

Chittur

(Date)

Note : A copy of this is to be retained by the IQAC co-ordinator.